

## **Grilled Baked Beans**

Grilled baked beans are the least messy and quickest way to cook baked beans. They can either be cooked in a reusable aluminum foil pan, or in aluminum foil packets. These are best made with prepared canned baked beans, as the grill doesn't cook long enough to fully cook pinto beans from scratch. They can be a great additional protein, whether grilling in summer or winter. An easy way to add a vegetable if no other way to cook is available. Either way, a little seasoning and the beans will have a delicious taste enjoyable with any meal.

### **Pre Cook Preparation:**

- A. Timer set to the time to begin preparation prior to cooking
- B. Stay with meal

### **Meal Adaptations:**

#### **Physical Accommodations:**

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

#### **Visual Accommodations:**

- Colored chopping boards

### **Potential Food Allergy or Intolerance:**

- Barbecue Sauce
- Beans
- Brown Sugar (diabetics)
- Butter (lactose)
- Ham
- Honey (diabetics)
- Onions
- Pepper
- Pork
- Spices

### **Meatless Preparation Avoid:**

- Butter
- Ham
- Pork

Substitute with: \_\_\_\_\_

### **Utensils:**

- Fork
- Pot holders
- Spoon

**Pan:**

1 quart grill safe aluminum pan, or

**\*\* aluminum foil packet**

**\*\* To make the packet, tear off a large piece of foil, place the vegetable on one half, and add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick or a fork to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.**

**Ingredients:****Meat:****Optional:**

1/2 cup of diced ham, or

1/2 cup of diced pork

**Vegetables:**

15 ounces of baked beans, or

15 ounces of pinto beans

**Other ingredients:**

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

**Preparation time: 10 minutes**

**Preparation:**

1. Add to 1 quart grill safe aluminum foil pan, or aluminum foil packet:

15 ounces of baked beans, or

15 ounces of pinto beans

1/2 cup of pork or ham, as needed.

A dash of salt

1/4 cup brown sugar if using pinto beans.

2. Place on grill.

**Cook Temperature: Grill**

**Cook Time: Varies, typically 15 to 20 minutes**

**Servings: 4 to 5**

**Storage Solutions: Square containers in individual servings**

**Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**

**Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources**

**Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources**

**Reheat Instructions:**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.